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WORKOUT PROCESSING SYSTEM

ABSTRACT

5 There is provided a physical fitness workout processing methodology and system for enabling remote scheduling and set-up of workout sessions for individual gym members or groups. In an exemplary embodiment, an individual or member is enabled to schedule a workout session in advance by 10 using a wireless device or a personal computer from a location remote from the gymnasium where the workout session is to occur. The individual or user is enabled to schedule the use of various kinds of workout stations and equipment to insure that the proper equipment is available 15 for use by the individual at the time during a workout session when it is needed. When the member enters the gym, his or her presence is detected and the member is tracked throughout the workout session. Messages are displayed on display devices by workout stations to announce that the 20 equipment has been reserved for the member at the appropriate time. In one implementation, the member carries a membership card which transmits signals used to determine the member identification and location within the gym. When the member enters a workout station area, the member's individual settings for the exercise equipment at the 25 workout station are automatically set and the workout data are automatically measured and entered into the member's physical fitness database which is maintained in storage at the gym server.